

# Avocado Hummus



**Prep time:** 15 mins  
**Serves:** 2 Adults, 2 babies

## Ingredients

- 1 can of chickpeas
- 1 avocado
- 1 tbsp olive oil
- Juice of ½ lemon
- Fresh herbs

## Instructions

- Put the chickpeas in a sieve, wash them and let them drain.
- Then put them in a food processor with the olive oil, and with a lemon juice. Blend until it has a creamy consistency.
- Finally, add the avocado and the seasoning. Mix the avocado hummus. If the cream is too thick, add some more olive oil or lemon juice. Enjoy the hummus with some fresh veggie sticks.



**Agnes Ducsai**